The Santesson Recipe Collection: Swedish Cooking

These recipes first appeared on Anne and Johan Santesson's website at URL http://www.santesson.com/recept/, the first ones being included in 1996. A few of the recipes are perhaps not quite typical "Swedish", even if they ought to be. These recipes do not carry a Swedish flag.

Table of Contents

Starters – page 5

- ***Gravlax and avocado mousse***, the perfect way to use gravlax leftovers
- ***Jansson's temptation***, a mouth-watering Swedish anchovy gratin
- ***Swedish herring salad***, a must on the *smörgåsbordet*

Soups – page 8

- ***Nettle soup***, the Swedish way of preparing young stinging nettles
- ***Pea soup***, a traditional way of serving yellow split peas
- ***Salmon soup*** in the Swedish way

Vegetables – page 11

- ***Brown beans***, the classical Swedish bean dish
- ***Hasselback Potatoes***, a Swedish form of oven-baked potatoes
- ***Red cabbage***, a traditional Swedish Christmas dish

Meat – page 14

- ***Christmas ham*** in the traditional Swedish way
- ***Hamburger à la Lindström***, a Swedish form of hamburger with red beets
- ***Potato dumplings***, a Swedish dish enjoyed by many but not by us
- ***Pyttipanna***, the Swedish way of serving meat leftovers
- ***Sailor's stew***, meat and potato stewed in beer in the Swedish way
- ***Swedish meatballs*** - enough said!
- ***Veal meatballs***, white meatballs in a white sauce

Fish and shellfish – page 21

- ***Crayfish***, spiced with dill
- ***Gravlax***, the Swedish way of marinating or curing salmon

Sauces and condiments – page 23

- ***Stewed and mashed apples***, a nice Swedish condiment for pork dishes
- ***Mustard sauce***, a must for *gravlax* but also shellfish

Desserts and sweets – page 25

- ***Cheesecake***, difficult to prepare but delicious
- ***Cheese ice-cream***, a special way to use the Swedish "Västerbotten" cheese (substitutes are possible, though)
- ***Fruit syrup sauce*** to be served together with *Riz à la Malte*

- ***Lussekatter***, Swedish saffron-flavoured Lucia buns to be eaten on 13 December
- ***Rice with oranges and whipped cream*** (*Riz à la Malte*) a dessert Swedish kids love
- ***Scanian apple cake***, a delicious apple dessert from southern Sweden, sizzling with calories
- ***Semlor***, Swedish stuffed buns to be served during Lent
- ***Swedish punch and chocolate sweets***, a traditional Christmas treat
- ***Waffles*** in the Swedish mountain way

Beverages – page 34

- ***Absolut Kurant*** in a home-made version
- ***Fruit-syrup***, a classical Swedish drink for the kids
- ***Hot spicy wine***, a Swedish after-ski drink
- ***Wolf's paw***, a Swedish vodka and lingonberry drink

Gravlax and Avocado Mousse

When you end up with leftovers of gravlax, this mousse is a great way of using them. On a hot summer evening serve it refrigerated, but on a cold winter day it can even be served at room temperature.

Ingredients:

- 200 g gravlax
- 200 g avocado meat (scoop out the meat of a medium size ripe avocado)
- 2 tbsp dry sherry
- 2 tbsp fresh lemon juice
- salt and pepper as desired

Proceed as follows:

1. Set aside 50-75 grams of the gravlax. Puree the remainder in the food processor.
2. Add the avocado meat and continue pureeing.
3. Add the sherry, the lemon juice and pepper and salt as desired and continue the pureeing until you have a smooth mousse.
4. Spread the mousse on crackers or small pieces of toast.
5. Cut the remaining gravlax into thin strips and use these to adorn the mousse.

We have tried several ways of spicing the mousse (e.g., cognac and port wine) but dry sherry is by far the best way. What remains to be tested is what a few dashes of Tabasco® would do to the dish. If you try that before we do, please let us know about the result.

Janssons frestelse - Jansson's Temptation

This dish is a modified form of the anchovy gratins which were popular in Sweden during the 19th century. In it's present composition it dates back to around 1900. Earlier it was believed that the name came from the Swedish opera singer Pelle Janzon, however it now appears that the dish got its name from the title of a 1928 movie.

Ingredients:

- 200 - 300 g anchovy filets (Please note: Swedish anchovy filets are prepared from sprat (scientific name: *Sprattus sprattus*) whereas US filets are prepared from anchovy (scientific name: *Engraulis encrasicholus*). Sprat filets should be used!)
- 6-8 large potatoes
- 2 large yellow onions
- 30 g butter
- 1/3 teaspoon black pepper
- 1/2 teaspoon salt
- 150 ml cream
- 2-3 tablespoons breadcrumbs (dried and finely crushed white bread)

Proceed as follows:

1. Peel and slice the potatoes, cut the slices in thin strips (or use your food processor!). Cover the potato strips with plenty of water.
2. Peel and chop the onions finely and fry for a few minutes.
3. Heat the oven to 250 °C, butter a dish.
4. Drain the potato strips, put a layer of potato strips at the bottom of the dish, on top of this a layer of anchovy filets and chopped onions, then another layer of potato strips, then another anchovy/onion layer, etc. The uppermost layer should be potato strips.
5. Spread the dried breadcrumbs over the dish, sprinkle with melted butter.
6. Place in the oven for 30 minutes, then add the cream and continue baking for another fifteen minutes. Serve hot!

A completely different origin of the dish has been suggested by Suzanne Koski in an e-mail: "According to Craig Claiborne, Pastor Jansson brought his flock to Bishop Hill, Illinois in the mid-19th century. He preached mightily against succumbing to temptation, but he himself did so when spying, and then tasting a potato and anchovy dish on a parisher's table. The story goes that the dish went back to Sweden with disillusioned followers (perhaps the woman who originated the dish)."

Sillsallad - Swedish Herring Salad

This is a typical Swedish Christmas dish to be included in the traditional smörgåsbord served as dinner on Christmas Eve.

Ingredients:

- 1 can (400-500 g) pickled sliced beets
- 250 g boiled, peeled potatoes
- 150 g marinated herring filets
- 1 apple
- 1 small onion
- 100 ml dill pickle

Proceed as follows:

1. Drain the liquid from the pickled sliced beets, reserving the liquid.
2. Drain the liquid from 3/4 cup (or one jar, 6-8 oz. size) refrigerated, marinated, snack tidbits or wine-flavoured herring filet pieces.
3. Cut (into 5-8 mm cubes) the beets, herring, one medium sized tart apple (peeled), and potatoes (boiled and peeled, hot or cold) and mix them all together.
4. Blend in the finely chopped dill pickle, one small (finely chopped) onion and the reserved beet liquid.
5. Put into a serving bowl or pack into a 1 litre mold. Cover and chill, at least over night or for as long as two days.

Nässelsoppa - Nettle Soup

The use of the stinging nettle as food appears to be most common to Sweden. The only exception we have come across on the Net is a Slovenian spring-soup recipe. The nettles should be collected very young (use gloves!), the leaves not longer than 2 - 3 cm.

Ingredients:

- 2 litre rinsed leaves of stinging nettle
- 1.5 litre water
- 2 tbsp (30 g) butter
- 3 tbsp (50 ml) flour
- 25 - 50 g chives
- 2 beef bouillon cubes
- salt, pepper

Proceed as follows:

1. Let the nettle leaves simmer until tender, usually 5 - 10 minutes is enough.
2. Strain and set the liquid aside.
3. Puree the nettles together with the chives in a food processor. The result should be a creamy paste.
4. Melt the butter in a deep casserole, add the flour and mix thoroughly at moderate heat.
5. Add the nettle water while stirring, then add the nettle puree. Let simmer for a few minutes, then add salt and pepper if required.

Nettle soup is traditionally served with halved hard-boiled eggs, but the eggs can be whole or sliced as well.

Ärtsoppa - Pea Soup

During centuries, the pea soup prepared from yellow split peas was served every Thursday. Only during the second half of the 20th century has this tradition begun to disappear. The pea soup is best when cooked on very large scale; thus, the version served in the Army has a well-deserved good reputation since it is normally cooked in 200 litre batches. But you might want to try it on a somewhat smaller scale...

Ingredients:

- 500 g yellow split peas
- 1.5 - 2 litre of water or vegetable bouillon (can be made from bouillon cubes!)
- 2 finely chopped onions
- 20 - 30 g of fresh, whole ginger
- 5 - 10 g of marjoram or thyme or both
- optional: potatoes
- optional: carrots
- optional: 500 g of diced bacon

Proceed as follows:

1. Soak the yellow split peas in water for at least 12 hours. Discard the water (even though some insist you should use this water for the soup).
2. Boil the peas, bouillon, onion and ginger for at least 90 minutes. Now and then, carefully skim off the pea hulls as they float up to the surface. When 15 - 30 minutes remain of the cooking time, add the marjoram and/or thyme.
3. The optional ingredients should be added at a late stage during the cooking. Potatoes and carrots will require 20 - 25 minutes of cooking, the bacon at least 30 minutes
4. Taste, add salt if required.

The pea soup is often served together with some mustard. A very (old) Swedish tradition is also to serve it together with hot punsch, an arrak-based, intensely sweet liquor. However, beer will do fine as a substitute.

Laxsoppa - Salmon Soup

When you prepare the gravlax, you end up with a lot of salmon trimmings, not the least the meaty tail part which is usually cut off. Why not use these trimmings for a traditional salmon soup?

Ingredients for the stock:

- 0.5 - 1 kg salmon trimmings (head, skin, tail, bones)
- 1 onion
- 1 leek (white part only)
- 1 large carrot
- 5 dill sprigs
- 5 parsley sprigs
- whole peppers and Jamaica peppers

The stock - proceed as follows:

1. Cut the salmon trimmings into small pieces, rinse in cold water, place in a casserole, cover with cold water and bring it to a boil.
2. Skim carefully, then add the vegetables and the spices. Let it simmer for 45 min, then strain the stock.
3. Remove and set aside any salmon meat adhering to the head, tail or bones.

Ingredients for the soup:

- 1 tsp butter
- 1 tsp flour
- 1 l salmon stock
- 100 ml cream
- 2 egg yolks
- 50 g cooked and diced carrots
- 50 g cooked baby peas
- chopped dill and parsley

The soup - proceed as follows:

1. Melt the butter in a deep, heavy casserole over low heat, add the flour while stirring, then add the salmon stock. Bring to a boil and let simmer for 15 min.
2. Whisk egg yolks and cream, add the mixture to the soup, followed by salt and pepper (if required).
3. Finally, add the vegetables and any salmon meat that could be removed from the trimmings. Serve sizzling hot!

Bruna bönor - Brown Beans

Brown beans is a classical Swedish dish, which has become less popular during recent decades.

Ingredients:

- 400 ml dried brown beans
- 2-3 tbsp syrup (molasses)
- 2 tbsp vinegar
- 1/2-1 tbsp potato flour

Proceed as follows:

1. Rinse the brown beans and soak them in cold water overnight.
2. Let them simmer, well covered by water (add some salt), until they are (very) soft. This normally takes 11/2 hours. Check now and then and add more water if required.
3. Add the syrup and vinegar, then the potato flour suspended in a small quantity of cold water as a thickener.
4. Heat briefly.

Serve together with, e.g. fried pork, meatballs or sausages.

Hasselbackspotatis - Hasselback Potatoes

Hasselbacken is a still functional restaurant in Stockholm where this delicious potato dish first was served.

Ingredients:

- 12 medium-sized potatoes
- 3 tbsp butter or margarine
- 3 tbsp grated cheese
- 1-2 tbsp dry bread crumbs
- salt

Proceed as follows:

1. Preheat the oven to 225 °C.
2. Place the peeled potatoes in a wooden spoon and make vertical slices, 2-3 mm apart, about 3/4 of the way through the potatoes. The wooden spoon will protect the final 1/4 of the potatoes.
3. With the cut-side up, place the potatoes in a buttered baking dish.
4. Melt half of the butter and pour it over the potatoes, then sprinkle with salt.
5. Bake for 30 minutes, now and then basting the potatoes with molten butter.
6. After 30 minutes, sprinkle over bread crumbs and, if desired, grated cheese.
7. Continue to bake for another 15 minutes.

Rödkål - Red Cabbage

Red cabbage is a traditional dish, together with the ham, on Christmas Eve for many Swedish families. But it is also often served outside the Christmas season, together with ham, pork, spare ribs or similar types of meat. Canned cooked red cabbage is commercially available, but does not compare with the real stuff!

Ingredients:

- 1 red cabbage (about 1 kg), cored
- 1 yellow or red onion
- 4 sourish apples
- 2 tbsp margarine or vegetable oil
- 8 cloves
- 5 Jamaica peppers
- 1-2 tbsp sugar
- 3 tbsp red wine vinegar and/or lemon juice
- salt to taste

Proceed as follows:

1. Cut the red cabbage into thin slices. Cut the apples (without cores and peels) into pieces. Slice the onion(s).
2. Melt the butter in a large pot over medium heat.
3. Add the cabbage, onion, apples, vinegar, spices and salt.
4. Cook covered over low heat for one hour, stirring occasionally.
5. Add more vinegar or lemon juice according to taste. Serve hot.

If prepared during high season for red cabbage (autumn - early winter), the dish can readily be deep frozen and be kept for at least half a year.

Julskinka - Christmas Ham

The main dish served on Christmas Eve is the "julskinka", the traditional Christmas ham. Usually, a ham should last at least for a week and appear at almost all meals between Christmas Eve and New Years Day.

Ingredients:

- 3 - 5 kg of salt-cured fresh ham (do not use dried cured ham)
- 1 egg
- 2 tbsp mustard
- 1 tbsp sugar
- 3 tbsp breadcrumbs

Proceed as follows:

1. Depending upon the method of salt curing it might be necessary to leave the ham overnight covered with water to desalt it.
2. Pre-heat the oven to 125 °C. Insert an oven thermometer in the thickest part of the ham. Leave it in the oven until the temperature reaches 75 °C.
3. Remove the rind carefully and as much of the fat as you like. (With less fat left it is healthier but drier!)
4. Heat the oven to 225 °C.
5. Mix egg, mustard and sugar.
6. Place the ham on a roasting-pan, cover it with the mixture and sift the breadcrumbs over if. They should stick to the egg-mustard mixture.
7. Bake the ham for 10 minutes in the oven. When ready, it should have a golden colour with a few deep brown but no black patches.

If you're not going to use it as the centrepiece on the buffet table you can serve it together with potatoes, red cabbages, mustard and stewed and mashed apples.

Hamburger à la Lindström

The origin of this dish is not entirely clear. Most believe that it was introduced by Captain Henrik Lindström (1831-1910) at Hotell Witt in Kalmar, Sweden, in the 1860s. Others suggest that the originator was Maria Kristina Lindström, who operated a delicatessen in Stockholm at about the same time. Whoever the originator, it is now almost a national dish in Sweden.

Ingredients:

- 500 g ground beef
- 2 egg yolks
- 100 ml cream
- 100 g finely chopped onions
- 150 ml finely chopped pickled red beets
- 50-100 ml liquid from the pickled beets
- 2 tbsp finely chopped capers
- butter for frying
- salt, pepper

Proceed as follows:

1. Mix ground beef, egg yolks, and cream in a bowl. Add salt and pepper. Add enough liquid from pickled beets to produce a dough-like mixture.
2. Sautee the chopped onion until translucent. It must not, however, turn brownish. Add the onion to the beef mixture.
3. Gently stir in pickled beets and capers. Some (but not we!) even like to add 100-150 grams boiled and mashed potatoes.
4. Shape into four round patties, about the same size as a BigMac.
5. Melt some butter in a frying pan. Fry the beef patties at moderate/low heat for 3-5 minutes. It is important that they remain rosy inside, otherwise they will be too dry.

Serve together with Hasselback potatoes and iceberg lettuce.

Kroppkakor - Potato Dumplings

There are many forms of potato dumplings in Sweden and we strongly dislike them all. However, many have asked for recipes. "Kroppkakor" is especially popular on "Öland", a Baltic Sea island just outside the Swedish east coast.

Ingredients:

- 1 kg cooked potatoes
- 2 egg yolks
- 300 ml all purpose flour
- 1 onion
- 100 g smoked ham
- 100 g bacon
- salt, pepper

Proceed as follows:

1. Mash the potatoes. Put it on a breadboard and make a small pit in the middle.
2. Put eggs, flour and salt in the pit and work the potato-dough fast together. Too much kneading makes the potato tough.
3. Chop finely the onion, cut the bacon and ham into small pieces and fry it until it gets coloured. Flavour it with white pepper.
4. Form the potato-dough to a thick roll. Cut it in thick slices and put a pile of bacon mix in a pit in a slice, then put another slice on top of it, press the edges together and roll it to a ball.
5. Lower the balls in boiling salted water and boil them approx. 10-12 minutes or until they float to the surface. Pick them up with a perforated ladle and put them on a hot serving plate. Don't boil too many at a time, they will then have some difficulty to float to the surface.
6. Serve hot with melted butter and red whortleberry (lingonberry) jam or cranberry jam.

Serve together with clarified butter and lingonberry jam.

Pyttipanna - Hashed Leftovers

Pyttipanna" can be made in a variety of ways. Essentially, it is a traditional Swedish way of using meat leftovers. The three basic ingredients are finely diced potatoes, finely chopped onion, and diced meat leftovers (e.g. sausages, pork chops, tenderloin, almost anything will do; the better the meat quality, the better the "pyttipanna").

Ingredients:

- 700 g (1 1/2 lb) finely diced potatoes (raw or cooked)
- 250 g (1/2 lb) finely chopped onions
- 250-500 g (1/2-1 lb) finely diced meat leftovers
- olive oil (for frying)

Proceed as follows:

1. Sautee the chopped onion in some olive oil until golden.
2. Fry the potato dices in some olive oil until properly cooked (or heat the dices made of cooked potatoes briefly).
3. Fry the meat dices (or heat the already cooked meat briefly).
4. Mix potato, onion and meat.

Serve with pickled red beets if available.

Sjömansbiff - Sailor's Stew

We have been unable to trace the origin of this dish. There is no mentioning of it in our 19th century cookbooks, but suddenly, at about the turn of the century, it starts to appear.

Ingredients:

- 600 g of thick flank, cut in thin slices
- 4 onions, cut into thin slices
- 8-10 potatoes, peeled and cut in rather thick slices
- butter
- bay leaf
- thyme
- salt and white pepper
- 500 ml water or bouillon, mixed with beer, or just beer

Proceed as follows:

1. Brown the onion slices and remove them from the frying-pan.
2. In the same pan brown the meat slices briefly on both sides. Season with salt and white pepper.
3. Add water, beer and/or bouillon, bay-leaf and thyme, cover and let the meat cook for 10 minutes in the frying-pan.
4. In a casserole put layers of meat, sliced potato and onion, potatoes forming the bottom and uppermost layer.
5. Cover with liquid and let the stew simmer in the oven or on the stove for 45 - 60 minutes (cooking time is not critical). Serve sizzling hot.

You can also prepare the stew in a pressure cooker instead of a casserole. This will shorten the cooking time to 15 minutes and, at the same time, less liquid can be used, since in a pressure cooker it is not essential that the stew be completely covered.

Köttbullar - Swedish Meatballs

There are almost as many recipes for Swedish meatballs as there are Swedish amateur *chefs*. The three main types are: (1) small, fried, served without sauce; (2) large, fried, served in brown gravy; (3) medium size, boiled, served in sauce. The present recipe is a very simple version of type-1 meatballs, a children's favourite.

Ingredients:

- 500 g ground beef
- 1 small onion
- 1 egg
- 50-75 ml dried bread crumbs
- vegetable oil (for frying)
- salt, pepper

Proceed as follows:

1. Finely grate or chop the onion.
2. Mix the ground beef, the onion, the egg and the bread crumbs. Add some white pepper and salt to taste.
3. Form into 30 walnut-size meatballs.
4. Heat 2 tbsp of vegetable oil in a large nonstick skillet over medium heat. Sauté the meatballs in two batches until browned on all sides and cooked through (approximately ten minutes).

The meatballs can be served alone as cocktail snacks or, as a meal, together with, e.g. mashed potatoes and lingonberry jam.

For meatballs in a brown gravy, fry the meatballs in four batches. After each of the first three batches add 3-4 tbsp of water to the skillet, stir and pour the water into a separate vessel. After the fourth batch powder 1-2 tbsp all-purpose flour over the skillet, stir, add 3-4 tbsp cream, stir, add the water from the first three batches, stir, add some Japanese soya sauce, stir and bring to a slow boil, then add the fried meatballs and heat for a few minutes.

Kalvfrikadeller - Veal Meatballs

Normally, meatballs are brown and served in a brown sauce (if any). But there are other possibilities. The first guestbook entry asked for a recipe for Swedish meatballs in a white sauce. Here it is! There are two possibilities: the easy way or the traditional way.

Ingredients:

Easy way:

- 400 g minced veal
- 100 g mashed, cooked potatoes
- 1 egg
- 1 can concentrated mushroom soup
- 150 ml milk
- 100 ml cream
- salt, pepper, parsley, spices

Difficult way:

- 200 g minced veal
- 50 g veal suet
- 2 eggs
- 100 ml cream
- 10-20 grams mie de pain
- 1 l bouillon

Proceed as follows:

Easy way:

1. Mix the minced veal with salt and pepper, add the mashed potatoes and the milk, stir well
2. Add the egg and spices according to taste, stir until you have a smooth paste.
3. Heat the concentrated mushroom soup, mixed with the cream and some finely grated lemon peel in a casserole.
4. Form meat balls (diameter 2.5 - 4 cm / 1 - 1.5 inch) from the minced meat mixture and put the balls into the simmering soup concentrate. Let simmer, covered, for 5 - 6 minutes.
5. Serve as is in the sauce.

Difficult way:

1. Mix the minced veal, the suet and the mie de pain (which should have been soaked in the cream).
2. Puree it in the food processor until you have a very smooth mixture.
3. Add the eggs, the remaining part of the cream and salt and pepper according to taste.
4. Form meatballs from the minced meat mixture (diameter 2.5 - 4 cm / 1 - 1.5 inch).
5. Bring the bouillon to a boil, let the meatballs simmer in the bouillon for at least 5 minutes.
6. Drain, serve together with a sauce velouté.

Kräftor - River Crayfish

Earlier crayfish was abundant in most Swedish fresh waters. However, beginning in early 20th century a severe fungus infection has diminished the crayfish stock considerably. Most of the crayfish consumed in Sweden today is imported from Turkey and the U.S.A.

Ingredients:

- 10 - 20 river crayfishes per person (alive!)
- plenty of dill (best is to use the inflorescences, if not available dill sprigs will do)
- enough water to cover the crayfishes
- 2 tablespoons of salt per liter of water

Proceed as follows:

1. Bring the water, the salt and half of the dill to a boil. Add the crayfishes, 10 at a time and let the water come to a boil between the successive additions.
2. Add the other half of the dill, cover and let boil for 10 minutes.
3. Leave the crayfishes to cool overnight in the refrigerator, submerged in the brine.
4. When ready to serve, pour off the brine and remove the soggy dill. Arrange the crayfish on a platter and garnish with dill inflorescences.

Serve together with buttered toast and "snaps" (Swedish aquavit). At a crayfish party, it is mandatory to sing each time you take a "snaps". Most meat is in the tail. Simply twist off the tail section from the rest of the body and split it open.

Gravlax - Salt and Sugar-Cured Salmon

Internationally, this might be the best known Swedish dish. Several recipies have been posted on the Net, but, of course, ours is the best! (We are a little bit skeptical when people try to "improve" the *gravlax* by using, e.g. whisky or gin in the marinade.)

Ingredients:

- 2 pieces of centre-cut salmon fillets, little more than 500 g each, if possible of equal size, and with skin left on.
- slightly more than 125 ml sugar
- slightly less than 125 ml coarse salt (somewhat more sugar than salt)
- 15 coarsely crushed white peppercorns
- 1 very large bunch of dill (very important) – it is not necessary to chop the dill

Proceed as follows:

1. Remove any small bones from the fillets, it is easily done with the use of a pair of forceps.
2. Mix sugar, salt and pepper in a bowl.
3. Cover the bottom of a baking dish with dill.
4. Rub half of the sugar-salt mixture into the first fillet, on both sides, and lay it skin side down, on top of the dill. Cover with lots of dill. Prepare the other salmon fillet in the same way, and cover with the remaining fillet., skin side up. with the remaining dill on top.
5. Cover in plastic wrap, place a cutting board with some heavy weights on top and marinate in the refrigerator for 48 - 72 hours, turning the salmon upside down at least once a day. (Personally, we favour 3 days in the refrigerator!)
6. Scrape the marinade off and slice the fillets very thinly. Serve with a mustard sauce

Äppelmos - Stewed and Mashed Apples

Especially during the late part of the 19th century and the early days of the 20th, sugar was often used in main dishes and sweet condiments were served as side dishes. One of the few sweet condiments that goes well with meat, especially pork, is *äpplemos*, stewed and mashed apples.

Ingredients:

- 1 kg apples (not too ripe, not too sweet)
- 50 - 100 ml water
- 200 g sugar
- 1 g ascorbic acid (vitamin C, to prevent the apples from darkening by air oxidation)

Proceed as follows:

1. The peeled and cored apples are cut into small pieces which are left with a little water to simmer at low heat until the pieces begin to soften up. This should not take more than 10 minutes. It is not necessary that all pieces have softened.
2. Add the sugar. The quantity can be adjusted according to your preferences. Bring the mixture to a boil and mix carefully, mashing the apple pieces at the same time
3. Remove the stewed and mashed apples from the heat and add the ascorbic acid. It is best first to mix the ascorbic acid with a small quantity of the apple sauce and then add this mixture to the main part of the apple sauce.

It is best preserved deep frozen and will keep for at least half a year. It is often served together with the traditional Swedish Christmas ham or almost any other pork dish.

Hovmästarsås - Mustard sauce

This is the standard sauce served together with gravlax, salt and sugar-cured salmon. It is also very good together with mussels, crayfish or shrimps.

Ingredients:

- 2 tbsp of sweetened mustard, for example Slottssenap, acquired from "IKEA" (but do not hesitate to substitute!)
- 1 tbsp Dijon mustard
- 1 tbsp sugar
- 1 tbsp vinegar
- (1 egg-yolk)
- salt and coarsely ground white pepper
- 125 ml vegetable oil
- plenty of chopped fresh dill

Proceed as follows:

1. Mix the mustard, (egg yolk), vinegar, sugar salt and pepper. The egg yolk is not necessary, but will make the sauce smoother and softer.
2. Whisk constantly and add slowly the oil. Continue until the sauce is creamy.
3. Add the chopped dill.

Ostkaka - Cheesecake

"Ostkaka", cheesecake, is a traditional dish from the province of Småland in southern Sweden. Swedes normally do not prepare the dish themselves but buy it ready-made. However, "ostkaka" is not easily available outside Sweden; hence we have included a recipe (which should serve 15-20 persons as a dessert) for those who would like to try.

Ingredients:

- 12 l milk
- 0.3 l all-purpose flour
- 1 tablespoon rennet
- 1 l cream
- 6 eggs
- 250 g granulated sugar
- 200 g almonds
- 10 pieces bitter almonds

Proceed as follows:

1. Heat the milk to 37 °C. Add the all-purpose flour and the rennet. Stir until the mixture thickens.
2. Let it stand until it separates into cheese and whey. Stir a few times so that the cheese separates from the whey.
3. Strain the mixture and make certain virtually all of the whey is removed.
4. Stir cream, granulated sugar, eggs and finely chopped almonds and bitter almonds into the "cheese".
5. Pour the mixture into suitable buttered forms. Place the forms in a water bath and bake them at low heat in the oven (175 °C) until the mixture solidifies and acquires a light brown colour.

Serve together with, e.g. whipped cream or a cinnamon sauce.

Västerbottensglass - Cheese Ice Cream

"Västerbotten" is probably not only the best known but also the best of all Swedish cheeses, The production is small and it is difficult to find this cheese outside Sweden. A well-aged Stilton cheese might be a possible substitute in the present recipe, which we originally got from Maiken Karlsson. (When we first heard about cheese ice cream, we were as hesitant as you probably are, but give it a try!)

Ingredients:

- 60 g grated Västerbotten cheese
- 3 egg yolks
- 60 g icing sugar (powdered sugar)
- 300 ml whipping cream
- 3 egg whites

Proceed as follows:

1. Mix the grated cheese with the sugar and the egg yolks.
2. Whip the whipping cream. Add the whipped cream to the cheese-egg yolks-sugar mixture.
3. Whip the egg whites into a firm foam. Add the foam under a very gentle mixing to the cream-cheese-egg yolks-sugar mixture.
4. Pour into a low mould; place it in the deep-freeze for a few hours.

If possible, serve the Västerbotten cheese ice cream together with cloudberry jam.

Saftsås - Fruit Syrup Sauce

This is the standard sauce for "Ris à la Malta", rice with oranges and whipped cream.

Ingredients:

- 200 ml fruit syrup, not too sweet
- 250 ml water
- 1 ½ tbsp potato starch (potato flour)
- honey as required

Proceed as follows:

1. Mix the fruit syrup, water and potato starch and bring it to a boil while stirring constantly.
2. Let it boil for 6 - 8 seconds and remove it from the heat.
3. Taste and add honey as required.
4. Serve either cold or above room temperature (but not hot).

Lussekatter - Saint Lucia Buns

On 13 December the Swedes celebrate the Italian Saint Lucia with a remarkable enthusiasm, surpassing any Italian festivities devoted to the same lady. One mandatory constituent in the celebrations is a saffron-flavoured bun, in Swedish called a *lussekatt*, a "Lucia cat". The shape of this bun might vary somewhat, but is always based on bread designs dating back to earlier Christmas celebrations in Sweden.

Ingredients:

- 300 ml milk
- 1 g saffron
- 50 g fresh baker's yeast
- 150 g sugar
- 125 g butter or margarine
- 700 g all purpose flour
- 1 egg
- salt, raisins

Proceed as follows:

1. Melt butter or margarine in a pan and add the milk and the saffron. Warm the mixture to 37 °C. Use a thermometer, the correct temperature is important!
2. Pour the mixture over the finely divided yeast, then add the remaining ingredients (except for the egg and the raisins), which should have a temperature of 21-23 °C. Mix into a smooth dough.
3. Cover the dough with a piece of cloth and let it rise for 30 minutes.
4. Knead the dough, divide it into 25-30 pieces and form each piece into a round bun. Let the buns rest for a few minutes, covered by a piece of cloth..
5. Form each bun into a string, 15-20 cm long, then arrange the string in a suitable shape, e.g. like an S or a double S. Regardless of the shape, the ends of the string should meet. Press a few raisins into the dough.
6. Cover the "Lucia cats" with a piece of cloth and let them rise for 40 minutes.
7. Whip the egg together with a few grains of salt. and paint the "Lucia cats" with the mixture.
8. Bake them for 5-10 minutes in the oven at 250 °C until golden brownish yellow.

Ris à la Malta - Rice with Oranges and Whipped Cream

Strictly speaking, this is probably not a dish that originated in Sweden. In a Swedish cookbook from 1879 the dish is called "*Risgryn med apelsin*" (literally "Rice grains with orange") and the French name is given as "Riz à la Malte". Whatever the origin, it is very popular in Sweden (as well as in Denmark).

Ingredients:

- 400 ml cooked white rice, cold and soft
- 200 ml whipped cream, whipped to a volume of 400-500 ml
- 1 tbsp fresh lemon juice
- 1 tbsp sugar
- 1 orange, peeled and cut in very small pieces and/or
- 3 slices of pineapple, cut in very small pieces

Proceed as follows:

1. Add the sugar to the cream and whip until reasonably firm, then add the lemon juice and the fruit pieces.
2. Mix carefully with the cooked rice.
3. Rinse a large bowl with water, then fill it with the rice-cream mixture, press cautiously to remove any trapped air, and leave it for at least one hour in the refrigerator.
4. Remove the bowl from the refrigerator and turn out the rice-cream mixture on to a round dish.
5. Garnish with thin slices of orange and/or pineapple.

Many Swedes love to serve the Ris á la Malta with "saftsås", fruit syrup sauce.

Skånsk äppelkaka - Scanian Apple Cake

The southernmost province of Sweden - Scania - is famous (at least within Sweden) for its food. This Scanian apple cake is a true calorie bomb but so delicious that it has to be eaten at least once even if you will have to stick to a water-and-bread diet for few days afterwards.

Ingredients:

- 16 large apples
- 500 g (1 lb) granulated sugar
- 400 ml dried bread crumbs
- plenty of butter

Proceed as follows:

1. Peel the apples, remove the cores and cut them in thin slices.
2. Butter a suitable form and cover the bottom with a thin layer of sugar and bread crumbs.
3. Place half of the apple slices in the form and spread half of the sugar and half of the bread crumbs on top of the slices.
4. Add the remaining apple slices and cover them with the remaining sugar and bread crumbs.
5. Slice ice-cold butter over the form, using a cheese slicer, so that the contents of the form is covered by a thin butter layer.
6. Bake in the oven at 175 °C for 10 minutes.
7. Slice a new butter layer over the contents of the form.
8. Bake for another 10 minutes at 175 °C.
9. Raise the oven temperature to 250 °C and bake for a further 20 minutes.

Semlor - Almond and Whipped Cream Stuffed Buns

In their present shape *semlor* only dates back to the turn of the century. Originally, the stuffed buns were boiled in milk before serving on the Tuesday preceding the Lent. Now they are eaten from January until Easter.

Ingredients:

For twelve buns:

- 50 g yeast
- 100 g butter
- 300 ml milk
- 75 g granulated sugar
- 1 teaspoon salt
- 500-550 g all-purpose wheat flour

For the stuffing of six buns:

- 100 g almond paste
- 75 ml milk
- the crumbs from 6 buns
- 200 ml whipped cream

Proceed as follows:

1. Melt the butter, add the milk and heat to 37 °C, add the finely divided yeast and stir.
2. Add sugar, salt and almost all of the flour. Mix thoroughly and leave it in a warm place for 40 minutes to raise.
3. Kneed the dough and divide it into 12 parts. Form round buns, kneed them a little and leave them for 30-40 on a baking tray to raise.
4. Bake them in the oven at 225-250 °C for 5-10 minutes (watch carefully at the end to avoid burning the buns).
5. Cut off the top of six buns as a lid. Scoop out the crumbs and mix them with the almond paste, the milk and half of the whipped cream until you have a soft paste.
6. Fill the scooped out buns with the paste, cover with whipped cream and, finally, with the lid. If desired, sprinkle powdery sugar on top.

Swedish Punch and Chocolate Sweets

For many years these deliciously fattening sweets were served at Christmas time in our family. Any dietist would scream blue murder after reading the recipe, since they come loaded with cholesterol-raising saturated fat. But they are sooooo delicious, so once a year you should be permitted to indulge in them.

Ingredients:

- 300 ml granulated sugar
- 2 eggs
- 300 g coconut butter
- 100 g cocoa powder
- 100 ml Swedish arrak punch

Proceed as follows:

1. Beat the eggs into the sugar.
2. Melt the coconut butter, then let it cool until it almost starts to re-solidify.
3. Pour the melted cocnut butter into the egg-and-sugar batter, mix.
4. Add the cocoa powder and the punch, stir until you get a homogenous mixture.
5. Pour the mixture onto a wide dish or baking-tin. This should be so large that the resulting layer is not more than 1 cm deep.
6. Leave it in the refrigerator to solidify. Afterwards, cut it up into small pieces, which can be covered by sprinkles or jimmies for easier handling.

The punch and chocolate sweets must be stored in a cool place. The softening point for the coconut butter-punch mixture is around room temperature.

Våfflor - Waffles

In Sweden waffles are traditionally eaten on 25 March, Annunciation Day or, in Swedish, *Vårfrudagen*. They are also very popular in Swedish mountain resorts, where they generally are served together with whipped cream and cloudberry jam.

Ingredients:

- 250 ml water (ice cold!)
- 200 g all-purpose flour (325 ml)
- a pinch of salt
- 400 ml heavy or whipping cream
- melted butter

Proceed as follows:

1. In a large mixing bowl, toss together the flour, the water and the salt until you have a smooth mixture.
2. Whip the cream until it is firm and mix it carefully with the water-flour mixture.
3. Pre-heat a waffle iron (yes, unfortunately you do need a special iron; we have not been able to find a good substitute) and grease it lightly.
4. Pour 100 ml of the batter onto the waffle iron and cook until crisp and golden (approximately 2 minutes).

Serve immediately together with whipped cream and a suitable fruit or berry jam. Some even like to sweeten the waffles with some granulated sugar.

Svartvinbärsbrännvin - Home-made Absolut Kurant

"Absolut Kurant" is a very popular Swedish vodka, colourless but with a strong taste of black currant. You can prepare a similar (but stronger) beverage yourself, although it takes time. (Normal Swedish "svartvinbärsbrännvin" has a deep dark violet colour and is prepared by extraction of black currant berries.)

Ingredients:

- 1 l 96 % alcohol
- 1 kg black currants

Proceed as follows:

1. In a closed large glass jar place the 96 % alcohol at the bottom.
2. Place 0.5-1 kilograms of black currants in a gauze bag and suspend this bag over the alcohol. It is important that the black currants are not in any way submerged in the alcohol.
3. Leave the jar closed in a warm place for at least two months. After that time most of the aroma will have evaporated from the black currants and dissolved in the alcohol, however the pigment still remain in the currants.

Saft - Fruit-syrup

In early autumn, berries are converted into fruit syrup which will be happily consumed by the kids during the long and dark winter, reminding them of (weatherwise) happier days.

Ingredients:

- 1 kg (2 lbs) of berries, e.g. black or red currants, cherries, raspberries, strawberries, etc.
- 300 - 600 ml (1 - 2 cups) of water
- 300 - 600 ml (1 - 2 cups) of granulated sugar
- 5 g of sodium benzoate to preserve the "saft"

Proceed as follows:

1. Clean the berries. The pit can stay in cherries; black and red currants can remain as racemes.
2. Weight the berries and determine the water quantity. Black and red currants require the largest water quantity, strawberries, cherries, and raspberries require less water.
3. Boil the berries in the water under cover for 10 minutes. Squeeze them now and then with, e.g. a wooden spoon in order to make certain they are crushed.
4. Now comes the tricky part: You have to strain the "saft", using a straining-cloth. Do not apply pressure, but let gravity do the trick. This part of the preparation might take up to an hour.
5. Measure the quantity of "saft", bring it to the boil and add the sugar. If required, carefully skim off any scum.
6. Add the sodium benzoate if desired (first dissolve it in a small quantity of saft, then add the solution to the rest of the "saft").
7. Fill the "saft" into hot, clean bottles and seal the bottles immediately (e.g. using cork). Before serving, mix the fruit-syrup with water to desired strength.

Glögg - Spicy Hot Red Wine

Swedish glögg can usually be bought at IKEA furniture super-stores all over the world (except, of course, in Sweden!) But you can also make your own glögg. If you want to know more about glögg, check our webpage on Swedish Christmas Chemistry!

Ingredients:

- one bottle cheap red wine
- 100 ml (half a cup) vodka
- 10 g whole cinnamon
- 1.5 grams cloves (about 20 pieces)
- a small piece of ginger
- 2 g crushed cardamom seeds
- the (dried) peels of half a bitter orange
- 300 g (slightly more than a cup) sugar
- 1 tbsp vanilla sugar
- almonds and raisins as desired

Proceed as follows:

1. Crush the cardamom and cinnamon, put all spices in a covered glass jar, add the vodka. Let stand for 24 hours.
2. Sieve the vodka, discard the spices.
3. Put the almonds in boiling water for 10 seconds, rinse them with cold water and peel them.
4. Mix the red wine and the spicy vodka in a pan, add vanilla, sugar, almonds and raisins.
5. Heat covered for a few minutes, but do not under any circumstances let the mixture boil.

Serve sizzling hot but only when it's freezing cold outside!

Vargtass - Wolf's Paw

Hard liquor is very expensive in Sweden. This means that some chemists turn to laboratory alcohol in order to their expenses at a more reasonable level. *Vargtass* is one favourite way of making use of the tax-free lab alcohol.

Ingredients:

- 60 ml vodka or
- 25 ml lab alcohol (96 %) and
- 35 ml water
- 60 ml lingonberry juice

Proceed as follows:

1. Mix equal parts of vodka and lingonberry juice in a shaker with plenty of ice. Shake and serve!

Even better is to mix without ice and leave the mixture in the refrigerator for a few hours. Thus you avoid an unnecessary dilution, but that requires careful planning.